

MARIAN E. BURCH ADULT DAY CARE CENTER
1150 E. Michigan Avenue
Battle Creek, MI 49014
(269) 962-1750

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Calhoun County Medical Care Facility
Marian E. Burch Adult Day Care
Sharing and caring through the years

Marian E. Burch
Adult Day Care Center

Our mission:
To keep your loved ones
in their own home
environment for as long
as possible with the
highest quality of life for
the loved one and you as
the caregiver.

CLOSED
FOR CHRISTMAS

MONDAY
DECEMBER 25

AND

TUESDAY
DECEMBER 26

Burch By-Line

December 2017

Dear Friends:

Here we are again finding ourselves in the middle of change. As you know, Pam MacQuaig recently accepted a social work position in Jackson and is no longer with us. I wanted to keep you “in the loop” as we interview and search for our next Director. You may have already noticed that Kris Jenkins has been around the Center lately. However, she has made it perfectly clear that she “loves” retirement and is here only as a consultant. She’s not coming out of retirement!

For those of you who do not know me, I am the Administrator in Calhoun County Medical Care Facility (Marian E. Burch is a department of the Facility). As we move forward, please know that I am the Acting Director for the Center until we have someone in place. This is not a new position for me...I was the Director here from 1994-2003!

With the change of seasons comes...dare I say it...snow days. Remember to keep your driveway, sidewalk, and entrance clear for our drivers who work especially hard at this time of year. You can always find out about transportation cancellations for the Center on WBCN 95.3 FM and WWMT Channel 3. A courtesy telephone call will be made by staff as soon as possible regarding any of our busing cancellations. We will continue to work hard to keep the Center open this winter even if our transportation is cancelled so that you may bring your loved one in if needed or desired.

Please feel free to call me (962-5458, ext. 112) if you have any questions, concerns, or suggestions. Merry Christmas!

Donna Mahoney, Administrator
Calhoun County Medical Care Facility

HAPPY BIRTHDAY

Barb T ~ Dec. 1
Gary N ~ Dec. 17
Andrew L ~ Dec. 21
Kathy M ~ Dec. 26
Georgia S ~ Dec. 28
Harry C ~ Dec. 30

WELCOME

Del L.
Mike V.
Betty K.
Ron G.
Mel G.



Please consider including Marian E. Burch Adult Day Care Center in your memorial contributions and estate planning. Your consideration and generosity is greatly appreciated.

Coping with Stress

Everyone experiences stress at times. Using healthy ways to cope and getting the right care and support can put problems in perspective and help stressful feelings and symptoms subside.

Stress is a condition that is often characterized by symptoms of physical or emotional tension. It is a reaction to a situation where a person feels threatened or anxious. Strong emotions, jitters, sadness, or depression may all be part of stress.

Common reactions to a stressful event can include:

- Disbelief, shock, and numbness
- Feeling sad, frustrated, and helpless
- Fear and anxiety about the future
- Feeling guilty
- Anger, tension, and irritability
- Difficulty concentrating and making decisions
- Crying
- Reduced interest in usual activities
- Wanting to be alone
- Loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Reoccurring thoughts of the event
- Headaches, back pains, and stomach problems
- Increased heart rate, difficulty breathing
- Smoking or use of alcohol or drugs

Healthy Ways to Cope with Stress:

Engaging in healthy activities and getting the right care and support can put problems in perspective and help stressful feelings subside. Some tips for beginning to feel better are:

- Maintain a normal routine. Wake up, go to sleep, and eat meals at regular times provides a sense of stability
- Take care of yourself
- Eat healthy, well-balanced meals
- Exercise on a regular basis
- Get plenty of sleep
- Give yourself a break if you feel stressed out
- Connect with others. Make an on-going effort to talk to others about concerns and ways to help you. You do not have to feel alone
- Be alert for any change in behavior. Any changes in behavior, even small changes, may be signs of stress
- Be kind to yourself

Volunteer Spotlight

DECEMBER 2017

Marian E. Burch Adult Day Care Center Cathy Winer, Director of Volunteer Services

Can You Help?

- **Help a client shop at the Holiday Bazaar, (located in CCMCF) December 1 10:00a.m.-11:30 a.m. or 1:00p.m.- 2:00p.m.**
- **Need help with Monday BINGO 9:50-11:00 a.m.**
- **Need volunteer assistance with Arts & Crafts on Thursdays from 9:50am-11:00 a.m.**
- **Would you be interested in interviewing a client and capturing their life story? Training to be held in January.**
- **Looking for volunteers to assist with Red Hat Ladies on the 1st & 3rd Wednesday of the month.**

Please call Cathy at 269.962.1750 ext.162



VOLUNTEER OF THE MONTH: NANCY RENSHAW

The Volunteer of the Month Award is given each month to a volunteer who exhibits outstanding commitment to volunteer service. This month's Volunteer of the Month is Nancy Renshaw.

Nancy started volunteering at the Center in 2007. She met Kris Jenkins and Dr. Maurer and was encouraged to come and check out the Center. Her first volunteer assignment at the Center was to teach weaving with recycled plastic bags. Now, ten years later, Nancy still comes weekly to lead a crochet group. Nancy also crochets hats and scarves for our annual bazaar. She has made and donated well over 100 sets. The Center also has benefited from Nancy going to garage sales!



Nancy was a school teacher for 29 years and retired in 1991 from the Battle Creek Public Schools. In Nancy's spare time, she enjoys crafts, writing poetry, and being active in her church.

Nancy shared that she loves volunteering and "As we age, we need to keep active, feel useful, and be involved in something meaningful. Never knowing my

grandparents, I have always enjoyed being around older people, so I volunteer at Marian Burch."

When I asked Nancy what she would share with someone who is thinking about volunteering, she replied "You too, can make a difference. Your life changes when you feel useful again and you meet new friends."

The staff and clients would like to extend their congratulations to Nancy for being selected as the December Volunteer of the Month.





Dear Volunteers:

It has been a great year for volunteerism at the Center. It is amazing what we can do when we come together in the spirit of helping and giving to others. January brings in a New Year with cold weather and many of our volunteers heading south for the winter. This is an excellent time to ask your friends and neighbors if they would like to volunteer a couple of times a month. We have many opportunities for just one to two hours per week. Please give it some thought and call me.

Wishing each of you and your family a very Merry Christmas and a Blessed New Year...Cathy

December 2017

Mon	Tue	Wed	Thu	Fri
				1 9:45 Exercise 10:00 Horseracing Bazaar Shopping 10:45 Life in Christ ♪ Cards/ Manicures 1:00 Volleyball Bazaar Shopping 2:30 Exercise
4 9:45 Exercise 10:00 Bingo Bible Study 11:00 Entertainment Legends 1:00 The Wall Family ♪ Cards/Manicures 2:30 Exercise	5 9:45 Exercise 10:00 Bingo Bible Study w/ Karl 11:00 Current Events Knitting Club Basketball 1:00 Chimes Black Jack w/ Pete 2:30 Exercise	6 9:45 Exercise 10:00 Red Hat Ladies Shuffleboard 11:00 Current Events 1:00 Net Frisbee Dominoes w/Dave 2:30 Exercise	7 9:45 Exercise 10:00 Arts & Crafts w/ Juanita Ring Toss 11:00 Current Events Hot Potato Ball Choir Black Jack w/ Prentice Crochet Club 2:30 Exercise	8 9:45 Exercise 10:00 Bocce Ball Cards/ Manicures 11:00 Current Events 1:00 Grace Fellowship Choir ♪ Card Games 2:30 Exercise
11 9:45 Exercise 10:00 Bingo Bible Study 11:00 Current Events 1:00 Music & Motion Manicures 2:30 Exercise	12 9:45 Exercise 10:00 Bingo Bible Study w/ Charmaine Current Events Knitting Club 1:00 Paul Freeburn ♪ Black Jack w/ Pete 2:30 Exercise	13 9:45 Exercise 10:00 Snowman Bowling A Novel Idea Cooking Club Current Events 1:00 Sid Van Dyke ♪ Dominoes w/Dave 2:30 Exercise	14 9:45 Exercise 10:00 Arts & Crafts Golf 11:00 Current Events 1:00 Olde Tyme Music ♪ Crochet Club Black Jack w/ Prentice 2:30 Exercise	15 9:45 Exercise 10:00 Skee Ball Cards/ Manicures 10:45 Life in Christ ♪ Cards/ Manicures 1:00 Noodlin' Cards/ Manicures 2:30 Exercise
18 9:45 Exercise 10:00 Holiday Bingo Bible Study 11:15 Calhoun Christian School Carolers ♪ Singing Pals ♪ 1:00 Client Council 1:30 2:30 Exercise	19 9:45 Exercise 10:00 Holiday Bingo Bible Study w/ Karl 11:00 Current Events Knitting Club 1:00 Bean Bag Toss Chimes Black Jack w/ Pete 2:30 Exercise	20 9:45 Exercise 10:00 Red Hat Ladies Men's Group 11:00 Burnham Brook Singers ♪ 1:00 Football Dominoes w/Dave 2:30 Exercise	21 9:45 Exercise 10:00 Arts & Crafts w/ Juanita Wheel of Fortune Adventure Travel 1:00 Holiday Sing Along ♪ Crochet Club Black Jack w/ Prentice 2:30 Exercise	22 9:45 Exercise 10:00 Christmas Tree Race Reading w/ Nilene 11:00 Current Events 1:00 Holiday Celebration! w/ Special Guests 2:30 Exercise
25 ADC CLOSED 	26 ADC CLOSED 	27 9:45 Exercise 10:00 Kickball Cooking Club 11:00 Current Events 1:00 Broomball Dominoes w/Dave 2:30 Exercise	28 9:45 Exercise 10:00 Arts & Crafts Resolution Hangman 11:00 "A Year in Review" 1:00 Balloon Tennis Choir Crochet Club Black Jack w/ Prentice 2:30 Exercise	29 9:45 Exercise 10:00 Shuffleboard Cards/Manicures 11:00 Current Events 1:00 New Years Eve Celebration! 2:30 Exercise

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ADC Hours: 7:00 a.m. to 4:30 p.m.
Monday thru Friday
Coffee hour begins at 7:00 a.m.
Lunch is served at 12:00 a.m.
Snack is served at 2:00 p.m.

Client of the Month ~ Michael Kay C.



Michael Kay was raised in Battle Creek, MI and was a Registered Nurse until her retirement in 2003. She was married for 28 years and has four children; Renee, Ron, Rich and Rob. She now enjoys watching her grand and great grandchildren grow as well as playing games with them. She shared that “life is special and family makes it all worth while.” When asked what she enjoys most about attending the Marian E. Burch Center she says “meeting interesting people.”



Life in Christ December 1
The Wall Family December 4
Grace Fellowship Choir December 8
Paul Freeburn December 12
Sid Van Dyke Decmber 13
Olde Tyme Music December 14
Life in Christ December 15
CC Christian Carolers December 18
Singing Pals December 18
Burnham Brook Singers December 20

Welcome New Volunteers

Sharon Bradley



Outings!

CCMCF Holiday Bazaar Shopping
Dec 1st
Dining in the CCMCF Pines Café
Dec 7th & 19th



Searching for December

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



O	E	A	C	Y	C	H	C	H	D	A	N	R	R	C
T	C	V	Y	H	Y	O	A	E	P	R	A	I	E	K
X	W	A	E	Q	R	K	I	W	Z	C	R	S	B	O
G	I	E	C	S	K	I	T	J	Y	H	C	U	M	M
Q	T	X	L	U	R	K	S	A	P	E	I	I	E	Q
W	W	N	N	F	L	A	D	T	O	R	S	R	C	E
W	T	A	D	A	T	G	E	U	M	G	S	A	E	U
T	H	I	R	E	N	H	U	Y	Q	A	U	T	D	O
C	A	P	R	I	C	O	R	N	W	W	S	T	W	G
M	L	O	X	L	S	T	F	I	G	E	I	I	S	O
S	N	O	I	T	A	R	O	C	E	D	N	G	E	E
K	B	E	S	I	O	U	Q	R	U	T	D	A	U	T
K	W	A	N	Z	A	A	V	Q	E	C	G	S	X	P
X	K	G	O	H	O	E	V	R	Q	K	I	U	R	N
G	B	U	R	N	L	P	V	R	J	T	T	Y	P	B

ARCHER (Sagittarius)

GIFTS

NARCISSUS

BOXING DAY

GOAT (Capricorn)

NEW YEAR’S EVE

CAPRICORN

HANUKKAH

SAGITTARIUS

CHRISTMAS

KWANZAA

TURQUOISE

DECEMBER

TWELFTH

DECORATIONS

WINTER



December 2017 Menu

Mon	Tue	Wed	Thu	Fri
				1 Lemon Chicken Thigh Mashed potatoes Roasted Cauliflower Tossed Salad/Dressing
4 Country Beef & Potato Vegetable of the Day Tossed Salad Dinner Roll	5 Roast Turkey Breast Mashed Potatoes Bread Stuffing Vegetable of the Day	6 Baked Chicken Thighs Macaroni & Cheese Stewed Tomatoes Dinner Roll	7 Steak Fajita/Tortilla Spanish Rice Vegetable of the day	8 Southern Fried Catfish Filet Hush Puppies Collard Greens
11 BBQ Chicken Thighs Macaroni Salad Vegetable of the day	12 Swedish Meatballs Red Cabbage Potato Pancakes Dinner Roll	13 Beef Stroganoff Buttered Noodles Vegetable of the day Dinner Roll	14 Baked Pork Chop/ Gravy Roasted Red Potatoes Vegetable of the day	15 Chicken Broccoli Casserole Vegetables of the day Dinner roll
18 Baked Chicken Thighs Mashed Potatoes Vegetable of the day	19 Liver & Onions Rice Pilaf Peas Dinner Roll	20 Grilled Salmon Scalloped Potatoes Creamed Spinach	21 Country Pork Stew German Potato Salad Cole Slaw Dinner Roll	22 Chicken Parmesan Spaghetti Noodles Rutabaga Dinner Roll
25 Closed Merry Christmas	26 Closed Holiday	27 Sauté Tilapia Tartar Sauce French Fries Mixed Vegetables	28 Chicken Quesadilla Spanish Rice Tomato Sauce Roasted Corn	29 Corn Beef Parslied Red Potatoes Buttered Cabbage Dinner Roll

Menu is subject to change and alternative choices are always available upon request.